

**IN THE BOARD OF SUPERVISORS**  
**COUNTY OF SAN LUIS OBISPO, STATE OF CALIFORNIA**

\_\_\_\_\_, DAY \_\_\_\_\_, 2015

PRESENT: Supervisors

ABSENT:

**RESOLUTION NO.**  
**RESOLUTION RECOGNIZING APRIL 1, 2015 AS**  
**“NATIONAL WALKING DAY” IN SAN LUIS OBISPO COUNTY**

The following resolution is hereby offered and read:

**WHEREAS**, cardiovascular diseases, including coronary heart disease and stroke, are the nation’s leading cause of death and a leading cause of disability, with 915,000 Americans suffering a new or recurrent heart attack each year and 795,000 suffering a new or recurrent stroke; and

**WHEREAS**, today about one in three American kids and teens is overweight or obese, nearly triple the rate in 1963, and childhood obesity is now the top health concern among parents in the United States; and

**WHEREAS**, the direct and indirect costs of cardiovascular diseases, including lost productivity, were an estimated \$315.4 billion in 2010, and obesity is a significant factor driving health care spending, accounting for an estimated 12 percent of growth in recent years; and

**WHEREAS**, regular physical activity can reduce cardiovascular disease risk and may increase life expectancy, but 50 percent of adults and 62 percent of children do not get daily vigorous physical activity; and

**WHEREAS**, the American Heart Association recommends that children and adolescents participate in at least 60 minutes of moderate or vigorous intensity physical activity each day and adults do at least 150 minutes of moderate intensity physical activity or 75 minutes of vigorous intensity physical activity (or combination of both) each week; and

**WHEREAS**, regular walking has many proven benefits for an individual’s overall health. Brisk walking for at least 30 minutes a day can help lower blood pressure, increase HDL “good” cholesterol in the blood, control weight and control blood sugar through improved use of insulin in the body. All of these changes help reduce the risk of cardiovascular disease and stroke; and

**WHEREAS**, if 10 percent of Americans began a regular walking program, \$5.6 billion in heart disease costs could be saved; and

**WHEREAS**, studies indicate that one of the best ways communities can improve heart health and reduce obesity rates is by increasing access to physical activity opportunities for families in a safe environment; and

**WHEREAS**, studies indicate that one of the best investments a company can make is in the health of it's employees by promoting a culture of physical activity resulting in decreased healthcare costs, increased productivity, improved quality of life, and longevity of the U.S. workforce; and

**WHEREAS**, on National Walking Day, April 1, 2015 the American Heart Association calls on everyone to wear sneakers and start walking; and.

**WHEREAS**, the American Heart Association urges all citizens to show their support for walking and the fight against heart disease and commemorate this day by taking time to walk. By increasing awareness of the importance of physical activity to reduce the risk for cardiovascular disease, we can save thousands of lives each year;

**NOW, THEREFORE, BE IT RESOLVED** that the County of San Luis Obispo, Board of Supervisors, State of California, does hereby recognize recognizing the importance of regular physical activity, do hereby proclaim April 1, 2015 as "National Walking Day" in San Luis Obispo County.

Upon motion of Supervisor \_\_\_\_\_, seconded by Supervisor \_\_\_\_\_, and on the following roll call vote, to wit:

AYES:

NOES:

ABSENT:

The foregoing resolution is hereby adopted.

\_\_\_\_\_  
Chairperson, Board of Supervisors

ATTEST:

\_\_\_\_\_  
Clerk of the Board of Supervisors

By: \_\_\_\_\_  
Deputy Clerk